**** MEDICIS-PROMED

Career Development Plan

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ESR** | | | | | | | | | | |
| **ESR Number** | | **Last Name** | | | **First Name** | | | | **Title** | |
| **Employer** | | | | | **Academic Institution (if different)** | | | | | |
| **Supervisor** | | | | | | | | | | |
| **Main Institution** | | **Last name** | | | **First name** | | | | **Title** | |
| **Academic Institution** | | **Last name** | | | **First name** | | | | **Title** | |
| **Project Break Down [100%][180 ECTS]** | | | | | | | | | | |
| **Thesis research** | | | **Secondment** | | | | **Training & Conferences** | | | |
| **Project Title** | | | | | | | | | **Work Package** | |
| **Milestones** (e.g. simulations, experiments, publication, conferences, thesis defense, …) | | | | | | | | **Expected delivery date** | | |
| **Secondment** | | | | | | | | | | |
| **Institution** | | **Supervisor** | | | **Start date** | | | | **Duration** | |
| **Project Title** | | | | | | | | | **Work Package** | |
| **Milestones** (e.g. simulations, experiments, publication, …) | | | | | | | | **Expected delivery date** | | |
| **Training** | | | | | | | | | | |
| **Objectives** | **Actions** | | | **Resources** | | **Milestone** | | | | **Timeline** |
| **Research skills** |  | | |  | |  | | | |  |
| **Language, Writing & Communication** |  | | |  | |  | | | |  |
| **Management & Funding** |  | | |  | |  | | | |  |
| **Networking** |  | | |  | |  | | | |  |

Date: … … / … … / … … … …

ESR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

****

To aid yourself in the preparation of this Personal Development Plan, we recommend you ask yourself the following questions and write down your answers to reflect on them:

* What are my strengths?
* What skills could improve myself on?
* What are my interests / needs towards achieving my goals?
* What are my mid-term (2 years) and long-term (5-year) goals?

Please discuss your Personal Development Plan with your supervisor, as well as with other members of the MEDICIS-PROMED network who can advise you on the different opportunities for secondment, and help you identify the best way to achieve your personal and professional growth.

****